

### ABSTRACT OF THE DISCLOSURE

An arm motion assembly for an exercise device includes a first link which is pivotally affixed to a frame portion of the exercise device at a first pivot point so as to be capable of reciprocal motion thereabout. The assembly  
5 includes a second link which is pivotally affixed to a second frame portion of the exercise device at a second pivot point separated from the first pivot point so that the second link is capable of reciprocal motion about the second pivot point. The assembly includes a connector link which extends between the first link and the second link. The connector link is pivotally joined to the first link  
10 at a first junction point and to the second link at a second junction point so that when one of said first links and said second links reciprocates about its respective pivot point the connector link causes the other of said links to pivot about its respective pivot point. The assembly includes a handgrip which is affixed to the connector link or to one of the first and second links.